

# Emergency Contact Sheet

## FOR EMERGENCY SERVICES: DIAL 911

The best time to prepare for an emergency is before it happens. During an emergency, it is easy to become disoriented, so you need to have all important phone numbers readily available ahead of time. Take a few minutes to determine your closest hospital, urgent care/walk-in clinic, etc. and program these numbers in your cell phone contacts or fill out this sheet and post in a common area (refrigerator, car glove box, etc.).

### EMERGENCY NUMBERS

Emergency medical, fire, & police: **911**

Poison Control Center: **1-800-222-1222**

Local emergency number: \_\_\_\_\_

Hospital Name: \_\_\_\_\_

Doctors Name: \_\_\_\_\_

Dentist's Name: \_\_\_\_\_

Pediatrician's Name: \_\_\_\_\_

Pharmacy Name: \_\_\_\_\_

Urgent Care/Walk-In Clinic Name: \_\_\_\_\_

Group Health 24/7 nurse line: **1-800-297-6877**

Group Health Customer Service: **1-888-901-4636**

Insurance Member ID: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

### NEED TO KNOW NUMBERS & FAMILY CONTACT NUMBERS

Parents' Names: \_\_\_\_\_

Phone: \_\_\_\_\_

Parents' Work: \_\_\_\_\_

Phone: \_\_\_\_\_

Kids Names: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Contact 1: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Contact 2: \_\_\_\_\_

Phone: \_\_\_\_\_

In case of emergency (ICE)\* contact name: \_\_\_\_\_

Phone: \_\_\_\_\_

\*Tip: Program 1-3 In case of emergency (ICE) contacts in your cell phone contacts. In the event you are in a serious accident, first responders know to look for this information so they can notify your emergency contacts. If you lock your cell phone, put your ICE contacts on your phone's lock screen.



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### EMERGENCY NUMBERS

Emergency medical, fire, & police: <b>911</b>	Regence 24/7 nurse line: <b>1-800-267-6729</b>
Poison Control Center: <b>1-800-222-1222</b>	Regence Customer Service: <b>1-800-962-0301</b>
Local emergency number: _____	Insurance Member ID: _____
Hospital Name: _____	Phone: _____
Doctors Name: _____	Phone: _____
Dentist's Name: _____	Phone: _____
Pediatrician's Name: _____	Phone: _____
Pharmacy Name: _____	Phone: _____
Urgent Care/Walk-In Clinic Name: _____	Phone: _____

### NEED TO KNOW NUMBERS & FAMILY CONTACT NUMBERS

Parents' Names: _____	Phone: _____
Parents' Work: _____	Phone: _____
Kids Names: _____	Phone: _____
Emergency Contact 1: _____	Phone: _____
Emergency Contact 2: _____	Phone: _____
In case of emergency (ICE)* contact name: _____	Phone: _____

\*Tip: Program 1-3 In case of emergency (ICE) contacts in your cell phone contacts. In the event you are in a serious accident, first responders know to look for this information so they can notify your emergency contacts. If you lock your cell phone, put your ICE contacts on your phone's lock screen.

